

AFTER SUFFERING TEN YEARS

Cured by Lydia E. Pinkham's Vegetable Compound

MARLTON, N.J.—I feel that Lydia E. Pinkham's Vegetable Compound has



given me new life. I suffered for ten years with serious female troubles, inflammation, ulceration, indigestion, nervousness, and could not sleep. Doctors gave me up, as they said my troubles were chronic. I was in despair, and did not care whether I lived or died, when I read about Lydia E. Pinkham's Vegetable Compound; so I began to take it, and am well again and relieved of all my suffering. —Mrs. GEORGE JORDY, Box 40, Marlton, N.J.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record for the largest number of actual cures of female diseases we know of, and thousands of voluntary testimonials are on file in the Pinkham laboratory at Lynn, Mass., from women who have been cured from almost every form of female complaints, inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, indigestion and nervous prostration. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you would like special advice about your case, write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

FREAK IN SEQUOIA FOREST

Tree Trunk That Has Stood for Sixteen Years Severed From Its Base.

Out in California there is a tree trunk which has stood for the last 16 years entirely severed from its base, says the Wide World Magazine. The stump is 15 feet in diameter, and the trunk towers 75 feet in the air. This remarkable freak is located near the Sequoia forest reserve in Tulare county, California, and was seen off by lumbermen for timber. Through some miscalculation, when the cut was finished the tree still held its position, and dynamite was resorted to to bring it to the ground, which accounts for the deep gash on one side. After the first charge of the explosive had been ignited the tree still remained standing, and it was discovered that the entire trunk had been shattered by the discharge and was therefore useless for lumber. Accordingly, the work was stopped and the giant has remained upright, withstanding some of the severest wind storms that the state has known, held in its natural position by its great weight.

With a smooth iron and Defiance Starch, you can launder your shirtwaist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

"Does an automobile help you to forget your troubles?" Yes," answered Mr. Chuggins, thoughtfully; "my other troubles." — Washington Star.

Don't be fooled

with a large, loosely packed 4 lb. package of hot water kalsomine, thinking you are getting 5 lbs. Buy only genuine Alabastine properly labeled.



Genuine Alabastine is packed in packages as shown by cut, the cross on package always being printed in red. Remember the red cross and that others are substitutes.

Big Assets

Four hundred thousand people take a CASCARET every night—and rise up in the morning and call them blessed. If you don't belong to this great crowd of CASCARET takers you are missing the greatest asset of your life.

CASCARETS are a box for a week's treatment, all druggists, biggest seller in the world. Million boxes a month.

Broom Corn Shippers or Broom Corn Associations Correspond with us. We want Broom Corn.

COYNE BROTHERS
100 South Water Street, CHICAGO
How's the crop in your district?

The KITCHEN CABINET



HOUGH we eat little flesh and drink no wine, Yet let's be merry; we'll have tea and toast. Custards for supper and an endless host Of syllabubs and jellies and mince pies And other such ladylike luxuries." —Shelley.

Gas Savers.

Turn off the burner before removing the saucepan. The oven burners may be turned off from five to ten minutes before taking out the baked dish.

When vegetables are boiling they can not be any hotter, so turn the gas down to keep things just at the boiling point. Gas that flares out around a small or round bottom saucepan is wasted. Use large bottomed flat dishes. Plan to have a broiled steak the day you are baking a pudding or rolls. If your stove has the same flame for both oven and broiler you are economizing gas in so doing.

When ironing always use the patent irons and cover with an old saucepan with a handle.

For many things like stews of meat the simmering burner is all sufficient for heat.

The triplicate saucepans that fit over one burner are a great convenience as three things may be cooked at once. Those in pairs are also useful and can now be obtained in the aluminum ware.

When the gas burns red the heat is much lessened, look to your burners. Give them more air. Usually this will remedy the difficulty unless the trouble is in the gas itself.

Cucumber Salad.

Chop a slice of onion and a small cucumber; season well with salt, pepper and French dressing. Place a thick slice of cucumber, well seasoned, on a lettuce leaf; then pile a tablespoonful of the chopped onion and cucumber mixture out. This is very good and most attractive to look at.

A Cool House in Summer.

To have the home comfortable during the heat of the day, rise early, open doors and windows and fill the house with the cool, sweet air of the early morning. Then, in an hour before the sun is high, close the doors, draw the shades and the house will be cool all day.



HE most beautiful object in the world, it will be allowed, is a beautiful woman." —Macaulay.

"Earth's noblest thing, a woman perfected." —Lowell.

Fruit Salad.

Why some cooks will serve the delicious fruit mixed with a mustard salad dressing is a distressing question. One can serve the cream dressings or a simple French dressing or mayonnaise thus preserving the flavors of the fruits. Of course tastes differ, but we need education along just these lines.

Soap Jelly.

Flannels soaked and washed in water soap jelly is used in are soft, easily washed, and it takes but half the time; for dish washing it is unsurpassed and for baby napkins the stains disappear without rubbing if slightly soiled. Use one cupful of jelly to one large boiler of clothes on wash day, and one-half cupful to soak the clothes in before, to each tub of water. If the following directions are followed, one gallon of soap jelly can be made for ten cents, and once made the jelly pot will never be allowed to be empty.

To two bars of family soap, chipped fine, add 3½ quarts of boiling water; let simmer on back of stove until soap is entirely dissolved; set outside to cool, and when cool enough to hold your finger in comfortably add one big coffee cupful of gasoline and stir well. Set aside and in 12 hours it will have set and the result is one gallon of white soap jelly that keeps the hands soft and white and lightens your daily work.

Gingerbread Par Excellence.

Take a cupful each of brown sugar and molasses, one-half cupful of melted shortening, one egg, well beaten, a tablespoonful of ginger and three cupfuls of flour. Stir and mix well, then just before putting in the pan add a cupful of boiling water, in which two teaspoonfuls of soda have been dissolved.

Waldorf Salad.

Pare and cut in dice four sour apples. Add one cupful of celery cut in small pieces. Add a teaspoonful of salt, a few dashes of paprika and one cupful of mayonnaise dressing. The addition of half a cupful of nut meats is a great improvement.

Currant Pie.

Take one cupful of ripe currants, mashed, add a cupful of sugar, two tablespoonfuls of flour and the yolks of two eggs. Beat the whites of the eggs for a meringue. Bake in one crust, add the meringue and brown.

Nellie Maxwell.

NEW STRENGTH FOR WOMEN'S BACKS.

How to Make a Bad Back Better.

Women who suffer with backache, bearing down pains, dizzy spells and that constant feeling of dullness and tiredness, will find hope in the advice of Mrs. Mary Hinson of 21 Strother St., Mt. Sterling, Ky. "Had I not used Doan's Kidney Pills, I believe I would not be living today," says Mrs. Hinson. "My eyesight was poor, I suffered with nervous, splitting headaches, spots would dance before my eyes and at times I would be so dizzy I would have to grasp something for support. My back was so weak and painful I could hardly bend over to button my shoes and could not get around without suffering severely. Doan's Kidney Pills helped me from the first, and continued until practically well again."

Remember the name—Doan's. Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

From Overhead.

A canary hung directly over the big square table in the Hungarian restaurant.

"Once," said a woman who was dining there, "the bottom dropped out of the cage, the bird flew at the orchestra yonder, and we had bird seed in our soup. It was awful."

"That reminds me," said the cross-eyed man, "of one time when we were having a little game of poker on the B. & O. You know how those trains roll. Well, just about the middle of the game down came all the grips and dress suit cases straight into the kitty and broke up the game. Money flew everywhere. We got so mixed we couldn't tell which had won or where the money was that whoever had won it won. Talk about bird seed!"

The Root of Altruism.

The three eternal roots of altruistic energy are these: First, the principle of justice; that there is a moral law before which all men are equal, so that I ought to help my neighbor to his rights. Second, the principle of charity; that I owe infinite tenderness to any shape or kind of man, however unworthy or useless to the state. Third, the principle of free will; that I can really decide to help my neighbor, and am truly disgraced if I do not do so. To this may be added the idea of a definite judgment; that is, that the action will at some time terribly matter to the helper and the helped.—G. K. Chesterton.

Laundry work at home would be much more satisfactory if the right starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its great strength than other makes.

His Size Was Known.

"I want some collars and neckties for my husband!" she snapped.

"Yes, madam."

The clerk offered her the latest thing.

"What size are these?" asked the lady.

"Why, twelve and a half, madam!"

"How on earth did you guess that?"

"Ah," replied the clerk, smiling, "gentlemen who let their wives select their collars and ties always take that size!"

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address P. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Big Berlin Philanthropy.

More than 50,000 children were enabled by the authorities of Berlin to spend this summer on land within easy reach of the city limits. They were assigned plots where they could play and cultivate gardens profitably with the help of their families and the advice of public instructors.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. H. Little*.

In Use For Over 30 Years.

The Kind You Have Always Bought.

Cobblestones for Baltimore.

The Brooklyn Standard Union says that "those people from the rural regions who jeer at Manhattan's horse cars may take note that the Baltimore city council is preparing to pave a street with cobblestones."

Yes, He Made a Splurge.

"I suppose Newrich is making quite a splurge with his money."

"He did the day he backed his auto off the ferry boat."—Puck.

TOASTED CORN FLAKES

OPEN AT SIX A.M.

\$1000.00

Gold and Silver Trophy For the Best Ear of Corn

To be known as the W. K. KELLOGG National Corn Trophy—To be Given at the National Corn Exposition, OMAHA, Neb., December 6 to 18, 1909.

You'll Have to Tie it Down

—But is it any wonder? There never was a food that so pleased the tastes of the little ones—or so well agreed with them. And the same is true with grown-ups. All are ready and anxious for more before the next meal comes around. It's all in the flavor—the delightful, different flavor that has made a nation of Corn Flake eaters. But this flavor is found only in Kellogg's; the kind that you should ask for and insist on having. Your grocer has it or can get it for you.

KELLOGG TOASTED CORN FLAKE CO., Battle Creek, Mich.

For the purpose of encouraging the better breeding in corn for improving the quality, W. K. Kellogg, the President of the Toasted Corn Flake Co., offers a \$1000.00 beautiful solid gold and silver trophy to the person growing the best ear of corn in two different seasons, the first season's specimen to be sent to the National Corn Exposition, Omaha, Neb., before November, 27th, 1909. This offer is open to every man, woman and child in the United States. It will be judged by the leading corn authority of the world, Prof. P. G. Holden. Watch this paper for further particulars.

JUST AS BAD.



Dobson—Can your daughter play the piano?
Subbs (wearily)—I don't know whether she can or not, but she does.

FALL PAINTING.

The majority of property owners are under the impression that spring time is the only painting time. But the fall of the year offers several advantages to the painter. One of the most important is that surfaces are almost sure to be dry, and there is no frost or inner moisture to work out after the paint is applied.

Pure white lead—the Dutch Boy Painter kind—mixed with pure linseed oil (tinted as desired) gives a winter coat to a building that is an armor against the severest attacks of the winter rain, sleet, winds and snow.

National Lead Company, 1902 Trinity Bldg., New York city, makers of pure white lead, Dutch Boy Painter trademark, are offering to those interested a complete painter's outfit, consisting of a blow pipe and lead tester, book of color schemes, etc. State whether you want exterior or interior decorating.

Carnations Go to Sleep.

Florists often suffer losses through a habit carnations have of sometimes "going to sleep" and never opening again. A series of experiments made in the Hull botanical laboratory and described in the Botanical Gazette makes it seem probable that this "sleep" is caused by the effect of illuminating gas, to which, even in very small quantities, these flowers are surprisingly sensitive.

Standard Oil Waits.

The Standard Oil Company's real estate holdings in Bayonne, N. J., where its largest oil refining plant in the east is situated, have been increased from \$7,360,000, the value fixed upon them in 1908 for taxation, to \$13,000,000. The company is appealing against the increases fixed upon the realty by the Hudson county board of equalization.

ALL UP-TO-DATE HOUSEKEEPERS

Use Red Cross Ball Blue. It makes clothes clean and sweet as when new. All grocers.

Occasionally you come across a man in public life whose silence is so intense, you can almost hear it.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

When a man is his own worst enemy he really doesn't need any others.

Wild Horses in Southwest.

Wild horses are found roaming in bands on the plains of New Mexico, Arizona, Nevada and California. Of 50 horses captured by rangers in the Modoc national forest, about half proved to be branded stock which had grown wild, the others being horses that had never known the ownership of man.

The Old Man's Joke.

"Marry," called her father, "has that young man gone yet?"

"No, pa," replied the maid. "But he's going right now."

"Then ask him to empty the pail underneath the ice box before he goes, will you? I forgot it."

Rough on Rats, unbeatatable exterminator

Rough on Hen Lice, Nest Powder, 25c.

Rough on Bedbugs, Powder or Liquid, 25c.

Rough on Fleas, Powder or Liquid, 24c.

Rough on Roaches, Pow'd, 15c, Liq'd, 25c.

Rough on Moth and Ants, Powder, 25c.

Rough on Skunk, agreeable touse, 25c.

E. S. Wells, Chemist, Jersey City, N. J.

Dodging Work.

"It's too hot to do housework," sighed the wife.

"I know it is."

"Let's go and spend a few days with the Browns at their summer cottage. They'll be tickled to death to have us."

"I am convinced," said the proprietor of the jeweler's shop, as the plate glass window shattered into a million fragments and the chauffeur and his machine began to nestle behind the counter, "that the taxicab has come to stay."—London Globe.

A little bottle of Hamlin's Wizard Oil

is a medicine chest in itself. It can be applied in a larger number of painful ailments than any other remedy known.

Some presents are quite superfluous.

There is the gift of gab, for instance.

OF ALL HOT WEATHER ENEMIES

cholera is the worst. Treatment must be prompt. Use Fainkiller (Perry Davis) which overcomes all bowel troubles, like diarrhea, cholera morbus and dysentery.

Brazil grows more coffee than any other country in the world.

STOMACH LIVER LUNGS

Each of the chief organs of the body is a link in the Chain of Life. A chain is no stronger than its weakest link, the body no stronger than its weakest organ. If there is weakness of stomach, liver or lungs, there is a weak link in the chain of life which may snap at any time. Often this so-called "weakness" is caused by lack of nutrition, the result of weakness or disease of the stomach and other organs of digestion and nutrition. Diseases and weaknesses of the stomach and its allied organs are cured by the use of Dr. Pierce's Golden Medical Discovery. When the weak or diseased stomach is cured, diseases of other organs which seem remote from the stomach but which have their origin in a diseased condition of the stomach and other organs of digestion and nutrition, are cured also.

The strong man has a strong stomach. Take the above recommended "Discovery" and you may have a strong stomach and a strong body.

GIVEN AWAY.—Dr. Pierce's Common Sense Medical Adviser, new revised Edition, is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

For DISTEMPER

Sure cure and positive preventive, no matter how horses at any age are infected or "spotted." Liquid, given on the tongue, acts on the Blood and Glands; expels the poisonous germs from the body. Cures Distemper in dogs and sheep and Choler in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings and is a sure kidney remedy. Use and it's a bottle, it's a cure. On this cut, keep it, show to your druggist, who will get it for you. Free Booklet, "Distemper, Cattle and Cures." Special Agents wanted.

SPOHN MEDICAL CO., Chemists and Bacteriologists GOSHEN, IND., U. S. A.

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR RESTORER. PRICE, 50c, retail.